



### What to Practice to Get Rid of Fear

Overcoming fear isn't about pretending it's not there—it's about practicing God's truth until fear no longer controls you. Start by daily declaring God's promises. Speak Scriptures aloud like 2 Timothy 1:7 and Psalm 27:1. Train your heart to trust.

- **Practice prayer and worship**, these invite God's presence and silence fear's lies. Use **breath prayers** like, *"When I am afraid, I will trust in You."*
- **Journal your thoughts and trace God's faithfulness.** What has He already brought you through?
- **Take courageous action**, even in small steps. Faith grows when exercised. Surround yourself with **faith-filled people** who speak life, not fear.
- **Guard your thoughts**, what you feed your mind will grow. Feed it truth.

Most importantly, **stay close to the Father**. Fear flees where love abides.

*"Perfect love casts out fear."* — 1 John 4:18

### Restored from Fear—Reborn with Trust and Gladness

Fear may have shaped your past, but it does not get to write your future. At Vision Reborn, we believe fear is not just an emotion—it is a spiritual weight that can steal joy, cloud judgment, and silence your purpose. But through Christ, what fear once fractured, God now restores.

You are not called to live in anxiety, intimidation, or constant hesitation. You are called to walk in bold trust and supernatural peace. Restoration means exchanging fear for faith, panic for purpose, and dread for divine gladness.

*"I sought the Lord, and He answered me; He delivered me from all my fears."* — Psalm 34:4

When God restores, He doesn't just remove fear—He rebirths joy. He breathes new strength into weary hearts and teaches us to live again with clarity, courage, and confidence.

You are not bound by fear—you are reborn in trust.

Welcome to a new beginning.

Welcome to Vision Reborn.

### Our Mission

Restored to Purpose, Reborn with Vision

### Our Vision

To be a beacon of hope and renewal, fostering a world where individuals experience deep healing, spiritual transformation, and the fulfillment of their God-given potential—empowered to live with purpose, faith, and wholeness.



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## Overcoming Fear Peace Through God's Presence

Fear is one of the enemy's most subtle weapons. It paralyzes potential, silences purpose, and clouds the promises of God. We've all faced it—fear of failure, rejection, loss, or the unknown. But fear doesn't have the final word—faith does.

At Vision Reborn, we believe fear is not something to hide from, but something to confront—with truth, prayer, and the power of God's presence. Scripture reminds us over 365 times, "Do not be afraid"—one for each day of the year. That's no coincidence. It's a divine reminder that God is always near.

For God has not given us a spirit of fear, but of power and of love and of a sound mind.  
2 Timothy 1:7

You don't have to live in fear. You were born to walk in boldness, purpose, and peace.

**You Are Not Being Defeated  
You Are being Developed**

## What is Fear

Fear is an emotional and spiritual response to a perceived threat, danger, or uncertainty. It can appear suddenly or silently settle into your thoughts—whispering lies, feeding doubt, and paralyzing purpose. Fear distorts your view of God, your identity, and your future. It thrives on “what ifs,” keeping you stuck in worry, anxiety, and hesitation.

But fear is more than a feeling—it's a **battle of trust**. Will you trust the threat, or will you trust the God who stands above it?

Fear was never meant to govern your life. God's Word tells us repeatedly, *“Do not be afraid,”* because He knows how often fear tries to speak louder than faith.

*“Perfect love casts out fear...” — 1 John 4:18*

*“God has not given us a spirit of fear...” — 2 Timothy 1:7*

Fear may knock, but you don't have to let it in. Faith is your response, and God is your refuge.

## Types of Fear

fear shows up in different forms—some are natural and protective, while others are spiritual and paralyzing. Knowing the type of fear, you're dealing with helps you respond with truth and faith.

### 1. Healthy (Protective) Fear

This God-given instinct warns us of real danger and helps us avoid harm. It's the reason we look both ways before crossing a street or seek shelter in a storm. It's not sinful—it's sensible.

### 2. Fear of the Lord

This is a holy, reverent awe of God's majesty, power, and authority. It's not terror—it's **trust and submission**, and it leads to wisdom, humility, and obedience.

*“The fear of the Lord is the beginning of wisdom.” — Proverbs 9:10*

### 3. Spirit of Fear (Paralyzing Fear)

This fear doesn't protect—it **controls, torments, and paralyzes**. It's rooted in lies and used by the enemy to stop your progress and cloud your identity.

*“God has not given us a spirit of fear...” — 2 Timothy 1:7*

### 4. Learned or Conditioned Fear

This form of fear develops over time through traumatic experiences, repeated rejection, failure, or abuse. It may show up as fear of abandonment, fear of love, fear of success, or fear of confrontation.

### 5. Fear of Man (People-Pleasing)

This fear comes from the desire to gain approval or avoid rejection. It causes compromise and emotional bondage.

*“Fear of man will prove to be a snare...” — Proverbs 29:25*

## 6. Existential Fear

This fear centers around meaning, mortality, and the unknown. It includes fear of death, suffering, or the future. It often leads to anxiety, doubt, or despair.

**Not all fear is the same—but all fear must bow to the presence of God. When fear is identified, it can be addressed. When it is exposed to truth, it begins to lose its power.**

## Symptoms of Fear

Fear often disguises itself in physical, emotional, mental, and spiritual symptoms. Recognizing these signs is the first step toward healing and freedom. Fear may not always scream—it often whispers, paralyzes, or silently steals peace.

### Emotional & Mental Symptoms

- Constant worry or anxiety
- Racing thoughts or overthinking
- Panic attacks or dread without clear reason
- Feelings of helplessness or hopelessness
- Avoidance of people, situations, or responsibilities
- Irrational thoughts or worst-case scenarios
- Difficulty concentrating or indecisiveness

*“Do not worry about tomorrow...” — Matthew 6:34*

### Physical Symptoms

- Insomnia or disrupted sleep
- Increased heart rate or chest tightness
- Headaches or stomach discomfort
- Muscle tension or body aches
- Fatigue despite rest
- Sweating or trembling
- Shortness of breath or dizziness

### Behavioral Symptoms

- Procrastination or perfectionism driven by fear of failure
- Withdrawing from relationships or commitments
- Excessive need for control
- People-pleasing or fear of rejection
- Compulsive behaviors (e.g., checking, repeating, avoiding)

### Spiritual Symptoms

- Doubting God's protection or presence
- Fear of punishment or failure before God
- Struggling to pray or read the Bible
- Feeling spiritually “numb” or distant
- Believing lies like “I'm alone,” “God won't come through,” or “I'm not enough”

Fear is not just an emotion—it's a *spiritual battle* and a signal that something inside needs God's truth, healing, and peace.

## Solutions to Overcome Fear

Fear may try to control your mind, your choices, and your peace—but it doesn't have to win. At **Vision Reborn**, we believe fear can be defeated through **truth, trust, and transformation in Christ**. Here are proven, biblically rooted solutions to help you rise above fear:

**1. Acknowledge and Name the Fear:** Bring your fear into the light. Naming it disarms it. Write it down. Speak it out. Don't hide it—**heal it**.

*“Pour out your heart before Him...” — Psalm 62:8*

**2. Fill Your Mind with God's Truth:** Fear thrives on lies. Replace fearful thoughts with Scripture. Create and declare truth statements daily.

*“Be transformed by the renewing of your mind.” — Romans 12:2*

**3. Pray Boldly Against the Spirit of Fear:** Prayer breaks spiritual strongholds. Rebuke fear and declare God's peace. Pray aloud: *“Fear, you have no place here—God is my refuge.”*

*“I sought the Lord, and He answered me; He delivered me from all my fears.” — Psalm 34:4*

**4. Praise Through the Panic:** Worship shifts the atmosphere. Fear cannot remain where God is exalted. Play worship music. Sing aloud. Let praise rise even when fear lingers.

*“Perfect love casts out fear.” — 1 John 4:18*

**5. Stay in Community:** Isolation strengthens fear. Stay connected to people who speak faith. Talk to a pastor, counselor, or friend who can walk with you.

*“Two are better than one...” — Ecclesiastes 4:9–10*

**6. Take Faith-Filled Action:** Do it afraid. Fear loses power when you move forward anyway. Take small steps. Trust God with each one. Boldness grows with practice.

*“Be strong and courageous. Do not be afraid...” — Joshua 1:9*

**7. Practice Peace-Building Habits:** Use breath prayers, journaling, exercise, and rest to calm your nervous system. Fear affects the body too—**minister to your whole being**.

**8. Trust God's Presence, Not Your Feelings:** Feelings change, but God does not. Anchor yourself in His Word. Speak faith even when fear is loud.

He is near—even when fear says He's not.

**9. Declare Your Identity:** You are not fear. You are not a victim. You are a child of God—**anointed, protected, and equipped**.

*“You did not receive a spirit of slavery to fall back into fear...” — Romans 8:15*

Fear may come—but it **doesn't get to stay**. Let faith rise. Let truth lead. Let peace guard your heart. Welcome to freedom. Welcome to **Vision Reborn**.